



A SHORT REVIEW ON THE HISTORY OF MOBILE PHONES AND RELATED TO THE AWARENESS REGARDING HEALTH HAZARDS

Rimpi Devi,

Research Scholar, Dept. of Nursing,
Himalayan University

Rajasudhakar.K,

Research Guide, Dept. Of Nursing,
Himalayan University

ABSTRACT

Every civilization depends on education. Facilitating learning, or the development of knowledge, skills, attitudes, beliefs, and habits, is what education is all about accumulating basic information, strengthening one's ability to think and make decisions, and overall putting oneself or others intellectually in a mature life-stage. Mobile phones have become an inseparable companion of many people and are useful in more and more cases. However, it is increasingly necessary to ensure that they can only be used by an authorized person, i.e. only the owner of the phone. In this paper, we discuss the social history of the mobile telephone involves both the history of technological development, related to the awareness regarding health hazards and sociological frameworks into which the new technological developments become integrated.

Keywords : Mobile phones, Education, Social History

INTRODUCTION

Today, billions of individuals overall know about how urgent cell phones are to their regular routines. Our lives and characters have both been affected by our utilization of cell phones. The genuine device, the ringtone, the screen designs, and the range of adornments all add to how the rest of the world sees us. Because of the various benefits and advantages they give, cell phones have advanced into fundamental things that are not generally viewed as extravagances. Many individuals presently utilize cell phones in their day to day routines, and a track down it difficult to go even one hour without them. This is right now in style too. Individuals are progressively disposed to actually look at the time on their cell phones, hence they have even supplanted customary tickers. This device does computations, awakens clients, and scribbles down all occasions and arrangements.

Men have utilized transporter pigeons, smoke signals, semaphores, wilderness drums, and so forth starting from the earliest days of recorded history to send and get messages and data. Clearly correspondence is essential for conveying messages or data starting with one area then onto the next particularly in the cutting edge period. Maybe understanding the worth of correspondence, Alexander G. Ringer made the phone in 1876. Everyday people's day to day routine have changed because of the creation of correspondence. The name "phone" comes from the Greek words "tele" and "telephone," which both actually imply "sound or voice" and "far" individually. A contraption that communicates sound over any distance is in many cases a phone. Telephonic instruments incorporate a bull horn, a talking tube, and a string phone. Not electrically, however precisely, they move sound. The phone has formed into numerous different structures, for example, the coin-worked pay telephone and the metal can phone. Then, at that point, came the massive cell phone and the pager. Also, today, the most broadly involved electronic gadget in the public arena is the cell. Cell correspondence is a kind of without wire correspondence that is generally like cell phone clients on the grounds that the framework utilizes various base stations to section the help region into various "cells." As a client changes starting with one cell then onto the

next, the phone calls are communicated starting with one base station then onto the next base station (Remote Consultant Glossary). At the point when researchers directed their concentration toward the crude portable (vehicle) telephone in 1947, they understood they could fundamentally build the traffic productivity of the gadget by using these little cells (the edge of the help region) with recurrence reuse. There was no such thing as this sort of innovation in those days. To satisfy those needs, correspondence is utilized as a device for mingling and drawing in with others. The revelation or production of new innovation (for correspondence) fills a vast need. The longing to talk with others has consistently existed in light of the fact that individuals articulate their thoughts to decrease their close to home weight, sorrow, and stress. Furthermore, it takes part in gatherings including pals, peer gatherings, and classes. Correspondence becomes less complex and quicker because of the innovation's fast development and extension, for example, the "Mobile phone". The utilization of phones works with individuals' interest for correspondence regarding belongingness: Individuals adjust to their environmental factors because of various tendencies, for example, social congruity or a craving to ascend in financial position. Innovation "isn't delivered as a curio, yet it looks at how individuals as they collaborate with an innovation in their friendly practices which shapes their new and arranged utilization of that innovation," On the other hand, an individual's utilization of a phone depends on whether they decide to surrender themselves to outside impact or use it for correspondence and vanity. Besides, "human way of behaving is advanced by watching others perform it, one fosters a comprehension of how new way of behaving is performed, and later events this coded data fills in as an aide for activity." Especially for teens, specialized headways in cell phones are profoundly unsettling. A huge social dynamic is the means by which individuals impart and draw in with each other. The assumptions, habits, shows, and laws of correspondence are overall quickly changed by the cell phone. In this day and age, cells altogether affect social associations and connections. Social collaborations show that we know about others' presence and suggest dynamic support between at least two gatherings, yet talking uproariously on mobile phones in open regions has gradually attacked others' security as well as our own. This proposes being heartless as well as discourteous, which is connected with barring oneself. Comfort is the key benefit having a wireless. Cell phones are advantageous to utilize and to convey. It is easy to utilize anyplace, whenever, and in any mode. With regards to openness, convey ability, or financial aspects, it is totally bother free. Phones are a famous decision among everybody since they don't need elaborate arrangement or long methods. It has incorporated consistently into our day to day routines. Therefore, it oversees one's protection and completely orchestrates life. Due to their financial standing, prominence, and need to find a place with their companion bunch, certain individuals decide to buy the latest model of cell in spite of the monetary emergency. Youth understood that they would be bound to miss the exercises with companions in the event that they don't have their PDA while contrasting the different types of correspondence. In the event that they are really friendly and expressive, they utilize person to person communication locales or text informing. Youngsters favor message informing to telephone discussions with regards to discussing fragile subjects. That's what they know, in unpleasant circumstances (like contentions or separations), a mobile phone may not be the best mechanism for correspondence. Adolescents "use various methods of correspondence in various social settings,". The feeling of general setting, the shortfall of up close and personal correspondence, the upkeep of associations, social nonattendance, and social reliance have all been adjusted by cell phones. Furthermore, PDAs adversely affect language and social cooperation's. Social uneasiness has expanded because of cell phones. Present unlucky deficiencies are an example that is ending up being self-evident. The individual being addressed truly feels desolate, stressed, and hatred or disturbance towards the individual who answers his ringing cell by interfering with them in a discussion. The favored mechanism for social communication is currently a cell phone. Since teenagers and youngsters never again view cell phones as a status signal yet rather as a style proclamation. Implicit social weakness, the mobile phone. Cell phones are all the more habitually utilized by teens and grown-ups to keep them involved while conveying, settling on telephone decisions, using them to peruse the web, paying attention to music, messing around, and so forth. Young people endeavor to make a moment association

with somebody or some place after fatigue has grabbed hold. Teens and youthful grown-ups have been motivated by ways of behaving like sensation looking to face challenges with standards, connections, and jobs. Individuals participate in amusement and attempt to keep away from fatigue whenever the situation allows, regardless of whether the circumstance is appropriate for them. Mobile phones are for the most part utilized for amusement, data sharing, and online person to person communication with unidentified individuals. As per reports, individuals with unfortunate confidence utilize their cell phones to lay out and keep up with social associations. Individuals foster a connection with their telephones, which has persuaded them to think that they can't work in that frame of mind without them. The primary SMS instant message was made in 1990. It was an endeavor to give administrators a method for enlightening clients concerning new organizations or administrations.. "By and large, social standards, rules, jobs, customs, understandings, and assumptions for connections in connections are characterized and communicated principally by culture." It was found that social effects work out positively past how individuals decipher and communicate each other in relational associations. It has been exhibited that culture affects relational connections' interior elements as well as their outside ones (i.e., direct). The manner in which individuals convey the feelings or sentiments that support their confidential life is vigorously impacted by culture. Individuals in our country obtain the basic social life examples from their families. The most sought after kind of family is the joint family, which ought to in a perfect world comprise of at least three patrilineal ages who all live respectively, eat, ask, work, and participate in helpful financial and social exercises.

Today, billions of individuals overall know about how urgent cell phones are to their day to day existences. Our regular routine and personality status are both reflected in the utilization of cell phones. The genuine electronic contraption, screen savers, ringtones, foundations, and frill help in characterizing ourselves or what we are to the rest of the world. Because of their many advantages and reasonable cost, cell phones are not generally seen as extravagance things but instead as necessities. They are presently completely integrated into society. Almost everybody today depends on their wireless for everyday exercises, and certain individuals find it challenging to go an hour without utilizing their telephone. Nowadays, teens are likewise wearing this as a style proclamation. As people like to check the time on their cell phones, wrist watches have being dislodged by cell phones. Estimations are performed by this gadget, which additionally awakens clients and helps them to remember every day to day commitment and arrangements.

Various cell phone models accompany capacities including SMS Administrations, Calling, Web Program, Games, MMS, WAP, WIFI, GPRS, Infrared/Bluetooth, Radio, Music Player/MP3/ AAC, FM, Video/Worked in Camera, Video Recorder, Contact screen, Sound Recorder, and the sky is the limit from there. Size, variety, battery duration, polyphonic ringtones, cost, and power guide, fashion Face Acknowledgment, Voice Acknowledgment, Unique mark Acknowledgment, Interpersonal interaction, 3G, 3Gs, 4G, and 4Gs Coordinator for individual use, USB, incorporated light, Caution, clock, telephone directory, adding machine, speaker telephone Commencement clock, meeting calling, photograph collection, exhibition, money converter, quad band, profiles, screensavers, double sim, set updates, and so on are only a couple of the elements that are implicit to the hand free speaker. The quick take-up and inescapable utilization of cell phones has changed how individuals cooperate, convey, and partner with each other.

HISTORY OF MOBILE PHONE IN INDIA

The capacity to collaborate from anyplace whenever thanks to innovation has led to the whole versatile media communications area. Any business' or alternately economy's capacity to create, succeed, and capability proficiently relies upon versatile innovation.

GSM is right now the most broadly involved remote convention on the planet. The Worldwide Framework for Versatile Correspondence (GSM) Affiliation was laid out in 1987 to empower and hurry the reception of the GSM standard for advanced remote interchanges as well as its turn of events, arrangement, and development.

A choice by the European People group to make uniform guidelines suitable for transnational versatile interchanges prompted the development of the GSM Affiliation. The Gathering Exceptional Versatile, as it was

then referred to, began at first as an European norm yet immediately acquired the height of a worldwide norm and came to be viewed as the Worldwide Framework for Portable correspondence. Today, GSM rules the world, representing 68.5% of the market for computerized remote administrations.

The Indian government settled on a noteworthy decision to pick the GSM standard over obsolete advancements and norms when cell administrations were being presented in the country.

Despite the fact that mechanical impartiality for cell licenses was accomplished in September 2005, all business administrators are right now restricted to GSM-based portable administrations. The new licensees for the fourth cell licenses, which were allowed in July 2001, have likewise decided to offer their versatile types of assistance utilizing GSM innovation.

INTERNATIONAL STUDIES RELATED TO IMPACT OF MOBILE PHONE USE

Chigona, Chigona, Ngqokelela, and Mpofu (2009) analyzed the utilization of versatile texting by youngsters in South Africa. It was found that youngsters utilize versatile texting widely. It causes reserved direct in youngsters and gives pedophiles a stage, among other adverse consequences. It has integrated into their day to day routines. To manage the mental cacophony welcomed on by analysis of MXIT or proceeded with utilization of the framework, they built their own reasoning.

Chen, Yi-Fan and Katz, J.E (2009) review, "Stretching out family to school life: Undergrads' utilization of the cell phone,". found that having a cell phone is fundamental for undergrads to stay in contact with their loved ones. The essential ICT utilized by undergrads to "get news," "get guidance," and "get support" from home or to trade data with loved ones is their cell phone. As indicated by Geser (2005) and Spungin (2006), "the cell phone is by all accounts the umbilical string between undergrads and relatives."

Ravichandran and Shanthi Vaidyanathan (2009) In a review named "Cell phones and Teens: Effect, Results and Concerns - Guardians/Parental figures Points of view", utilized a blended strategy procedure. Both quantitative and subjective information were accumulated through surveys and meetings, separately. Members in the survey and interview included guardians and watchmen of youngsters between the ages of 13 and 19, whether or not the teens had cell phones or not. Both great and unfortunate results of adolescent cell phone utilization were referenced by overview members. On the in addition to side, guardians and parental figures accept that cell phones are significant apparatuses for correspondence and arranging various exercises. Moreover, it was found that cell phones are fundamental since they are utilized for wellbeing purposes, especially in crisis circumstances. Guardians and parental figures recognize that the fundamental things teens need in their cell phones are sound and message abilities. Guardians and parental figures commented that youngsters are distracted and dependent on messaging and calling, while a portion of the members said that teens' utilization of cell phones holds them back from taking part in key exercises and upsets their review time. A few guardians and parental figures have said that the specialist organizations are at fault for this in view of their charming arrangement offers. Cell phones are believed to be the essential driver of harassing and oppressive informing. Young people are crazy, as indicated by guardians and carers, due to their use of phones. Youngsters let completely go over the data given by cell phones, they noted.

Kamran, Sohail (2010) In a review named "Cell Phone: Calling and Messaging Examples of Undergrads in Pakistan", the subjective examples of cell phone messaging and calling among Pakistani youth were analyzed. Starting with 77 undergrads between the ages of 17 and 21, who were approached to finish 24-hour cell phone correspondence journals, information were accumulated. Following the consummation of these correspondence journals, 23 top to bottom meetings were held with the members to get definite data. The examination's discoveries showed that the calling and SMS propensities for young men and young ladies were comparable. As per the report, most of undergrads utilize their telephones regularly. Low cell phone clients favored voice calls, while high cell phone clients favored messaging. The investigation discovered that undergrads utilized their telephones the most to speak with their companions, both decidedly and adversely. Be that as it may, given the setting of the time, reason, and area, most of member cell phone correspondences could be considered hazardous.

The truly reasonable prepaid bundles presented by Pakistani telecom transporters are the principal draw for understudies who utilize their cell phones unnecessarily and hazardously.

INTERNATIONAL STUDIES RELATED TO THE AWARENESS REGARDING HEALTH HAZARDS
Kukulska-Hulme and Gilroy (2004), in an overview of teachers directed in Germany, 85% of teachers figured cell phones ought to be disallowed from use in advanced education, essentially because of test-cheating by understudies, the utilization of unfiltered sites, and furtively downloading pictures without consent. Understudies' reasoning abilities have been seen to endure when they utilize cell phones, and their capacities to focus are definitely diminished. Subsequently, it is hard for them to concentrate on anything and hold it for longer than a virtual entertainment post.

Attewell (2004), utilizing a cell phone further develops both cooperative and free opportunities for growth, as well as fearlessness and confidence. He likewise distinguished the telephone as a vital instrument for making learning more significant and important for understudies, working on their education and numeracy abilities. The objective was to decide the association between mobile phone use and its impacts on different parts of learning. He found a successful association that advances both performance and gathering learning.

Chen, Yi-Fan (2006) "Social Peculiarities of Cell Phone Use: An Exploratory Concentrate in Taiwanese Understudies" is the title of a review. As per the review's discoveries, there were no considerable associations among gloom and cell phone habit in the example utilized for the examination. Higher cell phone utilization was connected to further developed associations with loved ones. High cell phone clients guaranteed that utilizing their telephones oftentimes inconveniently affected their scholarly execution and learning, though low cell phone clients asserted that utilizing their telephones habitually had a more positive effect. In any case, the people who utilized their telephones as often as possible said that they helpfully affected their scholastic execution. The exploration neglected to track down any distinctions in sexual orientation.

McNeal and Hooft (2006) recognized cell phones as vital apparatuses that make guidance more powerful and applicable while additionally supporting understudies' education and numeracy abilities. the utilization of cell phones in the homeroom has been disallowed for teachers and understudies, regardless of the way that they are more normal and broadly considered valuable, generally on the grounds that they are a wellspring of wrongdoing, disturbance, and even guiltiness. Cell phone clients firmly accept that since they are truly harming, they ought not be utilized as learning assets. Talking and messaging while understudies ought to study is one of the most often referenced adverse consequences of cell phone use in training.

Kukulska-Hulme and Traxler (2007), cell phones allowed the making of educational plans that were both successful and individualized, with a weighty accentuation on certifiable issues and ventures that the understudies would see as fascinating. It has been found that utilizing a cell phone can assist with lifetime discovering that happens in ordinary circumstances, on the spot in extemporaneous settings, and beyond the normal settings. Cell phones are a sort of various proficiency that act as a connection between local area messages and formal instruction, empowering a multimodal scholarly way to deal with learning. As understudies assume more command of the learning climate as opposed to being inactively taken care of information by educators, such customized learning has unforeseen ramifications on their opportunities for growth.

Tunio, Shabana (2009) researched "The Effect of Wireless Utilization on Study Propensities for Understudies and their Psycho Social Turn of events." The motivation behind the review was to decide "the impact of PDA use on understudies' psychosocial improvement. An overview approach was utilized. Tests were picked utilizing the basic arbitrary examining procedure from a few Sindh College divisions. Bianchi and Philips (2005) made the "Cell Phone Use Poll" (MPS) for information gathering. The survey had 27 inquiries covering social mental issues, relational peculiarities, and learning incapacities. The overview utilized a Likert style scale, which went from 1 (false by any stretch of the imagination) to 5 (exceptionally obvious). Higher evaluations on the scale proposed a more noteworthy impact of PDA use on understudies' lives. Most of understudies were found to utilize their telephones all the more habitually, which altogether affected their psychological turn of events. Most

of understudies are know about for all intents and purposes every one of the functionalities of phones and keep them on constantly. Furthermore, it was plainly exhibited that understudies who utilized their telephones all the more every now and again were bound to encounter mental unsettling influences. This degree of connection to their telephones drove understudies to show side effects like nervousness, sadness, or even lack of sleep, which impacted their generally mental wellbeing. As indicated by Chen and Tzeng's (2010) research, data looking was connected to higher scholarly achievement among high Web clients, while playing computer games was connected to bring down scholastic accomplishment. The utilization of person to person communication locales like Twitter, MySpace, Facebook, and WhatsApp has been connected in various late examinations to bring down understudy scholarly fulfillment.

Chand (2013) A concentrate on the "Review Propensities for Optional School Understudies Comparable to Kind of School and Sort of Family" was led. As indicated by the discoveries, there was no way to see a contrast between understudies from joint families and those from family units on any of the review propensities' singular parts or generally concentrate on propensities scores. In contrast with understudies in non-public schools, kids in government schools were found to have better home conditions, subject preparation, and occupation arranging, however tuition based school understudies were found to have better review propensities as far as being prepared for tests. Note-taking and perusing, propensity and interest, focus, school climate aspects of review propensities, and by and large review propensities were not different among understudies from government and non-public schools.

Kahari, Lesle (2013) A concentrate on "The impacts of Cell use on the review propensities for College of Zimbabwe First Year Personnel of Expressions understudies" was embraced. 200 phone clients were the example size for the review. an overview on the segment qualities of the understudies, the utilization of cell phones while contemplating, favored cell models, the most well-known methods of purpose, and data on the hardships understudies have using their cell phones. As per the overview, there are recognizable orientation varieties in different components of wireless utilization. Also, contingent upon member utilization designs, the effects of wireless use on concentrate on propensities were viewed as both good and negative.

Kumar, Sandeep, and Sohi, Asha (2013) A concentrate on the "Review propensities for 10th grade understudies comparable to their scholarly accomplishments" was directed. Scientists assessed male and female understudies' review ways of behaving considering where they resided and how well they did in school. Utilizing the separated arbitrary testing strategy, 100 children were picked for the example from four schools in the Karnal area. It was found that understudies' scholastic execution and study propensities were not essentially affected by their orientation. Scholarly achievement and study propensities were viewed as firmly related.

Rasheed, Adnan, and Amin, Salman(2014) "Impact of utilizing propensities for cell on the investigation of the understudies: A contextual analysis on guardians and educators of Sargodha city". Information was assembled utilizing an overview strategy. The example comprises of 100 respondents, 50 of whom are guardians and 50 of whom are instructors. The discoveries showed that members utilized their telephones habitually and that the greater part burned through large chunk of change on them. Members expressed that understudies normally utilize their cells to contact their folks, then their dearest companions, their companions, some of them with their colleagues, and once in a while with their educators. In any case, guardians and educators guarantee that kids generally utilize their phones to interface with their companions, companions, guardians, and dear companions likewise. Understudies regularly use phones in the homeroom for SMS messaging and different purposes, however not to record addresses. Most of understudies utilize their cellphones for non-instructive purposes, and as per guardians and educators, this makes understudies lose focus on their scholastics and decreases parental management of their children.

Sundari, T Tripura (2015) Impacts of cell use on scholarly execution of school destined youthful grown-ups in India was explored. The example comprised of 1200 understudies, 400 of whom came from three Andhra Pradesh urban communities. For information assortment, an eye to eye overview with a normalized survey was

utilized. 201 men and 199 ladies in Hyderabad city partook in the study. In the city of Visakhapatnam, 192 men and 208 ladies partook. 220 men and 180 ladies from Tirupati city partook in the survey. While picking the subjects, two models were considered. Undergrads who utilized cell phones partook in the review. Orientation and the cell phone acquiring abilities got were demonstrated to be fundamentally associated. Guys detailed it at 37.6% and females at 30.7%. A huge relationship between's understudy age and it was found to learn capacity utilizing cell phones. "A huge association among tutoring and students' capacity to learn through cell phone use was found. It was generally perceptible among experts (40.9%) and least recognizable among SSC/HSC understudies. The size of the family was found to affect understudies' learning skills. It was higher (33.6%) among the individuals who are essential for families with four to eight individuals and lower (27.4%) among the people who are. A huge relationship between's month to month pay and expertise procurement through cell phone use has been found. Most of understudies studied (57.6%) concurred that there ought to be rules overseeing phone use in establishments, while just 42.4% conflicted. While 36.4% of understudies guarantee that utilizing their telephones habitually assisted them with learning, most of understudies (42.1%) guarantee that doing so slowed down their capacity to learn.

Kumari, V. R. Santhas and Chamundeswari, S. (2015) A concentrate on "Accomplishment inspiration, concentrate on propensities, and scholastic accomplishment of understudies at the optional level" was finished. The objective of the review was to decide the connection between optional school understudies' review ways of behaving, inspiration for scholarly achievement, and scholastic achievement. Studies were directed to get information. 457 understudies were picked as the example. Concentrate on rehearses, inspiration for progress, and scholastic achievement of the understudies were viewed as altogether corresponded. As to propensities, inspiration for accomplishment, and scholarly accomplishment, there were noticed huge contrasts in understudies from various school types and genders. In every one of the three schooling systems, it was found that young ladies had much better review propensities, achievement drive, and Scholastic accomplishment was viewed as higher among young ladies than among young men in similar schools.

Arora, Reeta's (2016) "Scholarly accomplishment of young people according to concentrate on propensities" was the subject of examination. Finding the connection between adolescent review ways of behaving and scholastic accomplishment was the review's primary objective. 100 10th grade understudies made up the example, which was haphazardly chosen from the Ludhiana region. The understudies' scores on past tests were utilized as a measure of their scholastic exhibition. Youngsters from the Ludhiana locale's review propensities and scholarly accomplishment were viewed as emphatically decidedly connected. The review propensities for young people in metropolitan districts were demonstrated to be better than those of youths in provincial ones. Moreover, it was found that female young people had predominant review propensities than their male partners. Kaur, Khushwant (2017) explored "Juvenile conduct according to orientation and area." The objective was to think about the review propensities mean scores of male and female understudies from country and metropolitan settings. Youths from the Ludhiana Area were the subject of the review. 100 male and 100 female youngsters made up the example, which was additionally isolated into 100 youths from country and 100 from metropolitan regions. Sri. Mukhopadhyay M's. (2002) Study Propensity Stock was utilized for information gathering. Mean Review Propensities scores of male and female young people from country and metropolitan pieces of the Ludhiana Locale showed a massive contrast. Between the mean Review Propensities scores of teens in the Ludhiana Region's country and metropolitan locale, a critical variety was found. As far as study propensities, teenagers from metropolitan regions beat those from country regions. Contrasting female young people with their male partners, female teenagers performed better in concentrate on propensities.

Sharma and Vyas' (2017) "Study propensities among school understudies" was the subject of exploration. Learning about the review propensities for sixth and eighth grade understudies was the review's objective. An independent survey was used to accumulate information. Three public and three non-public schools from the city of Haldwani were picked by an irregular inspecting approach. 1116 children from grades 6 and 8 made up

the example. The rate, recurrence, mean, standard deviation, and t-test were utilized to analyze the information. Most of understudies were decided to have compelling review strategies. When contrasted with eighth-grade understudies, understudies in the 6th grade were displayed to have better review propensities. Young ladies were found to have preferred concentrate on propensities over young men.

CONCLUSION

The use of mobile phones allowed for on-demand communication between the trainer and students as well as discussion and group problem solving, which helped students overcome the isolation that is typical of most distance learning and improved their comprehension and application of the material. Mobile devices can aid students in their academics, but only if they do it responsibly. Most kids become addicted to their smartphones and may be seen using them to play games, connect with friends, watch movies, and do other things. Technology has advantages and disadvantages. Constantly pulsed microwave radiation is produced by the wireless global system for mobile communication. One of the most widely used elements of communication technology is the cell phone network. Although it keeps us linked, it also poses a threat to our health in some ways. The best method to stay in touch with friends and family or keep up with the news is through a cell phone, especially with how sophisticated cellular technology has evolved. Still, it is debatable how much help these lifelines are truly providing for the public given how much of a distraction they have become. For starters, talking on a cell phone for long periods of time can expose a person's brain to damaging microwave radiation. This interferes with sleep cycles and causes irritability, impatience, and abruptness. Research on the health risks of mobile phones was undertaken by the World Health Organization, and the study's findings revealed that voice-carrying radio transmissions form the basic foundation of cell phones. For a significant reduction in radiation exposure, the Federal Communications Commission (FCC) advises cell phone users to maintain a minimum distance of 20 centimeters from their handset. Numerous health risks are brought on by prolonged exposure to this radio frequency, including cancer, alterations in brain function, reaction times, sleep patterns, electromagnetic interferences, dry eyes, hearing issues, infertility, leukemia, damage to blood vessels, etc. Researchers at the University of Gothenburg in Sweden explored whether excessive cell phone use can increase the risk of mental health problems in young adults.

REFERENCES

- Akhter S. (2015). Psychological Well-being in Student of Gender Difference. *The International Journal of Indian Psychology*, 2(4).
- Babbie, E. (1989). *The practice of social research* (5th ed.). Belmont, California: Wadsworth Publishing Company.
- Bhimwal, N. (2007). Understanding well-being: An exploratory study of life without death. In R. Singh, & R. Shyam (Eds.), *Psychology of Well-being*, 373-379. New Delhi: Global Vision Publishing House.
- Bydawell, L. (2006). *The impact of exercise on depression and psychological well-being*. Masters Clinical Psychology Dissertation, University of Zululand.
- Chand, Suresh (2013). Study habits of secondary school students in relation to type of school and type of family, *International Journal of Social Science & Interdisciplinary Research*, 2 (7), 90-96. Online available at indianresearchjournals.com
- Chiu and Hong. (2012). A model of the relationship between psycho-logical characteristics, mobile phone addiction and use of mobile phones by Taiwanese university female students. *Computers in Human Behavior*, 28, 2152-2159.
- Edwards, D. J., Edwards, S. D., & Basson, C. J. (2004). Psychological well-being and physical self-esteem in sport and exercise. *The International Journal of Mental Health Promotion*, 6, 25-35.
- Ross, C. E. (2020). Body and mind: The effects of exercise, overweight and physical health on psychological well-being. *Journal of Health and Social Behaviour*, 27, 387-400.
- Kalia, A. K. (2015). Socio-demographic correlates of general well-being: A study of university students.

Research Journal of Social Sciences, 13 (2).

- Katz, J. & Sugiyama, S. (2020). Mobile Phones as Fashion Statements: Evidence from Student Surgery in the U.S. and Japan. *New Media & Society*, 8(2), 321-337.
- Lee, S. J. (2009). Online communication and adolescent social ties: Who benefits more from Internet use? *Journal of Computer-Mediated Communication*, 14, 509-531.
- Mazalin, D., & Moore, S. (2018). Internet use, identity development and social anxiety among young adults. *Behaviour change*, 21 (2), 90-102.
- Pollard, E. L., & Lee, P. D. (2003). Child well-being: A systematic review of the literature. *Social Indicators Research*, 61, 60.
- Samantaray, S. K., & Tripathi, A. (2010). Well-being: An emerging issue in Indian higher education sector. *University News*, 48 (10), 6-11.
- Shri, R. (2007). Well-being and alternative therapies. In R. Singh, & R. Shyam (Eds.), *Psychology of well-being* (pp. 381-389). New Delhi: Global Vision Publishing House.
- Van den Heuvel, A. (2010). The influence of adolescents' psychosocial wellbeing and Internet-specific parenting on meeting online contacts in real life. Doctoral Dissertation. Faculty of Social Sciences, Utrecht University.
- Yadav, S. (2001). General well-being amongst institutionalized and non- institutionalized aged subjects. Unpublished Doctoral Dissertation, Department of Psychology, Maharshi Dayanand University, Rohtak.